Informant:	**LMP-S2**	**Spanish**
Date:	**08-10-01**	**Mini DV**
Interviewer:	**Claudia Hernandez and Michael Owen Jones**	
Transcriber:	**Josué Domínguez**	

MJ: So your real name is?

S2: S2.

MJ: How do you spell that?

SMJ: . . . . . [spells name]

MJ: INAUDIBLE, …ask some questions on how they are used and what ???

CH: I'm going to start with ''(guayavio), what do you use it for? You had told me for babies so that they don't have diarrhea (diarrea) but if you could explain a bit more, how to prepare it for the babies.

S2: ??? is the family of the Guayavo, except the fruit is a lot smaller. In teas, they boil it even in baths, it's used for when the baby is given his formula, instead of giving it just water, you also boil the leaf and you prepare the milk.

CH: For when babies have diarrhea?

S2: No, to prevent it. Also to stop it.

CH: For example, how many leaves would you use?

S2: Enough to make a tea.

CH: A cup?

S2: 3 or 4 leaves for each 8 ounces of water.

CH: And so that is boiled and then you put in the leaves…

S2: Yes.

CH: …and then you cover it?

S2: yes.

CH: …and how do you know when to turn the flame off?

S2: When it has boiled.

CH: OK, and you let it.

S2: You cover it so it releases all its essences.

CH: And you give it to the child, warm?

S2: lukewarm or cold.

CH: Do you add anything?

S2: No.

CH: And for adults too?

S2: The same.

CH: The same way?

S2: It's very good as a tea.

CH: And if one were to eat the fruit?

S2: It's good.

CH: It gives the same effect?

S2: Yes.

CH: And about how many fruits would the person have to eat?

S2: If you like it a lot you'll never get tired of eating them…(laughter)

CH: But then you would get the reaction…so if you have diarrhea and you eat a lot of the fruit, then you will be constipated?

S2: NO.

CH: So…OK, so what was the other method that you explained to me on how to prepare it, there was tea and baths and what was the other one?

S2: I think just baths…

CH: And so to do the baths, when and for what occasion do you do them?

S2: For relaxing.

CH: And you add some other plants?

S2: Any plant you want, it doesn't matter.

CH: And to make, you have to warm it up and prepare it…

S2: Like ???????, the same.

CH: But you use more leaves?

S2: Yes.

CH: And let's say for a normal bath, how many leaves?

S2: A lot, because the leaf is very small.

CH: About how much water?

S2: About a gallon or two.

CH: So if it's four leaves for a cup then it would be a measure that is bigger…

S2: Sort of.

CH: And that's to relax?

S2: Yes.

CH: And where did you bring the '' (guayavio) from?

S2: It originates in Mexico but they are bringing over seeds or plants, because I see all the time people selling the tree.

CH: You bought it here?

S2: Yes.

CH: In a store?

S2: Yes, in a grocery.

CH: When you began to cultivate or when you cultivate it, are there certain times during the day that you cannot cut it?

S2: No, it's a plant that grows wild.

CH: So you just help it grow and you cut it?

S2: Yes.

CH: Do you have to say anything to the tree? Ask any type of permission?

S2: Well regularly, you should ask all plants, some type of permission, because its something you are using, because you believe in nature and that is the custom of it. So you ask permission to touch what is not yours because that does not belong to you.

CH: Is it a certain prayer?

S2: No, you speak to it, to ask permission.

CH: So if I wanted to take a leaf I would have to ask for permission to the tree?

S2: Yes.

CH: The next plant is the 'female aloe vera' (savila hembra), how do you prepare it to drink? And what is it used for?

S2: Well it has a lot…you can use for diabetes, for eyesight, for cancer, for skin and sometimes too it can be harmful, in excess. You have to drink it in small quantities, people sometimes abuses it.

CH: How much would one have to drink for it to be an abuse?

S2: Well many people abuse it and they take it in big quantities.

CH: So taking more of the normal quantity is bad?

S2: Yes.

CH: So what is a normal dose of the 'aloe vera' (savila) and what part of it is used to make the tea?

S2: The inner pulp, not the outside one only the inside one, you take it out with a spoon.

CH: How much?

S2: Let me see…you got to…

CH: You ??? the ??? in water, and one gram per liter and INAUDIBLE. So basically one gram of the plant with a liter of water…OK. I like your book, "Herbolaria Mexicana" is it your reference book?

S2: Yes.

CH: Oh, you have a another one.

S2: This one has the same recipes as that one…here it's different, it says,(note: he is reading a passage from the book and is quite fast and incomprehensive) " (planta de genero ???) has a pulp called ??? and ???, ????…a dose of a half a gram principally in cases that beg for prolonged ??? of medication, since it does not debilitate the sick and with abundant evacuations and does not interrupt digestive functions, with small doses of 520 centigrade, is used ??? it should never be give to children or pregnant mothers." So

all plants have a limit…like medicine, except medicine is concentrated and plants are natural medicine, so you always have to have some limitations because it can also hurt you. You can use it for ulcers, for skin, for burns, for scrapes, for insect bites, for all that.

CH: So when you have things concerning the skin?

S2: Yes, and about hair and all that.

CH: You apply it directly to the skin?

S2: Yes.

CH: And for what occasions do you take the teas?

S2: It's not a tea, it's like a puree….

MICROPHONE JUST TOOK A BEATING

S2: …New clients.

Person in the room: Seriously?

S2: Yeah….so anyway.

CH: Well you were telling me how you prepare for…

S2: yes, you take the 'leaf of the savila' (penca) and you open it and with a spoon you can take it out, the pulp, that you can take in a puree, for your kidneys, for diabetes, it's recommendable to use it with pineapple so it's not so bitter.

CH: So you mix the pulp or the grams with…

S2: Yes, a spoonful with a cup of water or juice…or pineapple…

CH: So you mix it and you drink it, so you don't make it into a tea?

S2: No.

CH: OK…and so this is 'female aloe vera' (savila hembra)?

S2: Yes.

CH: And the 'male aloe vera' (savila macho)?

S2: For your hair, for hair loss…over there they used it a lot for 'scalp ringworm' (tinya).

CH: What's that?

S2: It's an infection that you get on your scalp.

CH: Ahhh…like a rash?

S2: Right…your hair begins to fall out by big chunks…so for that they cut it and they wash you with it, that's to kill that germ.

CH: Just to…

S2: Yes, you can use that for your skin too, and for your face as a mask is also good, it's different because it's drier.

CH: Is there a time of the day when it is best to cut it than another?

S2: No, anytime…but always…look, well like 'aloe vera' (savila) comes from the 'American agave' (maguey) family the Aztecan Indian…they would believe, well…cutting it to them, they would do it before the sun rose…so….

TAPE LOSES CLARITY

S2: …they already had to have it cut, because it was at its point, the plant was very potent, because 'American agave' (maguey) if cut when the sun rises it will sting, it will burn, so I think that 'aloe vera' (savila) would probably have the same effect.

CH: So it's preferable to cut it before the sun rises?

S2: yes.

CH: And it's good for 'scalp ringworm' (tinya)…could you tell me a little more on '' (Seiba)? Last time we talked about it being a spiritual tree, what more could you tell me about that tree?

S2: Well that tree is…its sacred, in Santeria or in Palo the Orishas respect it and love it a lot, it's something that has a lot of powers and spirits are in it.

CH: But it doesn't have any medicinal properties?

S2: No, but it's used in Mexico, Cuba and also…well to make pillow stuffing out of it, with the stuff it gives off, also to stuff mattresses. Curing properties…well I don't recall any.

CH: OK…and the avocado (aguacate), how would you have to prepare it for internal bruises?

S2: In tea, with some salt.

CH: This would be the fruit of the avocado (aguacate) or the rind (cascara)?

S2: The leaf (hoja)! The bone (hueso) [note: I believe he is referring to the seed (semilla) of the avocado, when he says bone] has some other properties and that is good for the bronchioles. The fruit they say is fruit that…that…like a sexual stimulant…an aphrodisiac! (afrodisiaco).

CH: The fruit?

S2: Yes. The Aztecs would you use it a lot as an aphrodisiac.

CH: I did not know that, and the leaf is used for?

S2: Bruises (golpes)…inflammations (inflamaciones)

CH: How would you have to prepare it? How many leaves would be enough?

S2: I would say 1 or 2 but a very strong cup and you can also you the leaf to cook…it gives food a very good flavor, the Oaxacan people, the indigenous there they use it a lot to cook chicken, the make the chicken in a type of fricassee and in that they put the leaf and it's good. I thought it would bitter the food but it was good.

CH: And so how many times a day would you have to drink the tea?

S2: Twice a day.

CH: And that's for (pulpes? Or pulques? Or pultes?).

S2: Yes

CH: Once or twice a day?

S2: Yes

CH: How long does this treatment last?

S2: Well it depends on how the person might feel, it's optional, some people two days after taking the tea they will be better as if they took an aspirin and even when taking those you have to take it for some time.

CH: Right…and the bone (hueso) of the avocado how do you prepare that?

S2: Since I suffer from the bronchioles…

CH: Yes us too, so this would be a good recipe…(speaking to J and P) Avocado is good for….

MJ: The fruit is an aphrodisiac?

CH: Yes. I had no idea.

S2: Listen to this…"Aphrodisiac properties help to eliminate intestinal parasites, digestive problems, scalp ailments and dysentery…" that's the avocado (aguacate).

CH: Eating the fruit?

S2: Yes. There's contradictions with the avocado, here's one, it says, "It's not recommended if you suffer from cuts or gashes because it augments it's healing." That's why a long time ago they would not allow women to eat avocado (aguacate).

CH: Why because of the menstruation?

S2: Yes or because they would say…(laughter)…you know…(turning pages)…here it is, look.

TELEPHONE RINGS

S2: Hello.

Voice on phone speaks (INAUDIBLE)

S2: Just filming here…

Voice on phone speaks

S2: Well here it is look, it says, (note: he is reading very fast) " the seeds are anti-??? Against intestinal worm and that ??? pains of the sides, for this it is recommended to ??? the chest and the back with a dry towel ??? to bloods circulation and apply with friction some of the fluidextract, ??? the extract is prepared with 3 to 4 seeds…" It's not drank you see, "…of avocado cut into pieces and submerged in alcohol for several days. The oil extracted from the seed can be used to cure some ailments of the scalp, especially 'scalp ringworm' (tinya), the dust of the seed after having been cooked is excellent to cure dysentery, one gram of dust taken in the morning before eating anything. To the leaves, and the bark (corteza) it is attributed ???." You see the leaves they are talking about, "…to ??? indigestion and menstrual hemorrhaging, the pulp (pulpa) or the 'meat' (carne) of the avocado is an excellent aphrodisiac that augments the sexual drive and it could be recommended for diabetics for it's lack of salt (sal) and starch (almidon) which constitute a good diet of easy digestion. It has been found that the avocado contains an extraordinary amount of Vitamin B and helps in the growth in kids."

CH: So it's good for many things and the seed you don't drink but you cut it and…

S2: Right, you ferment it in alcohol to rub or stroke gently on the body, the chest, especially because it is for(expectorante Sp.??)

CH: and the leaves too?

S2: Yes.

CH: So, rubbing and stroking gently also?

S2: Yes and drank too.

CH: OK…so how many times a day would you have to rub or stroke it gently that?

S2: On the regular usually at night, because you are not going to get wet anymore, you are no longer going to expose yourself to the air.

CH: So, when one is ready to cover one self?

S2: Yes.

CH: How many days does the treatment last?

S2: Depends on how ??? depends, natural medicine always takes longer.

CH: So, it depends on the person?

S2: Yes.

CH: OK…and the bell shaped (florifundio Sp.??)?

S2: The (florifundio) is a somniferous.

CH: What?

S2: It can make you sleepy, hallucinate, poison…that can be used for rheumatism (rumatismo)…I wanted to show you some stuff and couldn't remember…but the (florifundio) is like in the family of the (toloache Sp.??), that is an herb used a lot by indigenous folk…magicians also to make people hallucinate and put them to sleep or to dominate, that even to this day it used for. We still sell it a lot here.

CH: Oh, yeah, to dominate people?

S2: Yes….Look…the (toluache Sp.??), let me find it in this…

CH: The (toluache Sp.??) or the 'bell' (campana)?

S2: The 'bell' (campana).

CH: And you have sold it or recommended it to people to dominate?

S2: I have bought it a lot, although it is a poison it is something ???… (note: he is reading fast and has trouble pronouncing words) "??? of South America where it was sent to Mexico and it acclimated itself to Caribbean like places like, Cuernavaca, Jalapa and Queretaro. It is characterized by it's big white flowers in bell shaped, properties of ??? especially with intestinal colic, hepatic and mephitic, ??? neurological...??? asthma, ???, epilepsy, ??? and tetanus. A ???, 1 leaf for each 10 grams of water or 50 grams of fresh leaves for 100 grams of alcohol leaving them for a month of maturation, filtering later of about 10 to 5 drops of water, three times a day, the ??? can be employed once in a while in cases of neuro-???." You see…so it's good for neurology also.

CH: So…

S2: It's called (florifundia Sp.??)

CH: So, when you recommend it for arthritis, rheumatism or to sleep, how would you have to prepare it?

S2: To sleep, put the flower under the pillow.

CH: Just the flower under the pillow?

S2: Yes.

CH: And for Arthritis and rheumatism? Does it cure it or does it just help it?

S2: It helps. The plants wont cure you they will help you.

CH: You make a tea with the flower?

S2: Just like it says there, put it in alcohol or rub the herbs on you, some people boil them and make a like a bath out of them, to submerge themselves.

CH: And when you put it in alcohol to rub it on you, what would be the recommended amount of alcohol and what would be the right amount of alcohol?

S2: Well it says right there, "…using ??? one or two leaves for every 100 grams of water, 50 grams of fresh leaves for every 100 grams of alcohol.

CH: 50 grams of fresh flowers of how much of alcohol?

S2: 50 grams.

CH: 50 grams of alcohol and about 1 or 2 flowers if they are going to boil it?

S2: Yes.

CH: OK…if it's for rheumatism or arthritis how…

S2: You could use it the same…with the alcohol.

CH: To apply it?

S2: Yes.

CH: Should it be applied every day that pain is felt?

S2: Yes, because it like numbs you.

CH: So it does not matter what time you put it on.

S2: no.

CH: And so the other ones you had told me that where trumpets are the same thing? The ones that are double and….

TAPE QUALITY GREATLY REDUCED Talking continues but is inaudible.

CH: And the (rompesaraguey Sp.??)

S2: That one is used for spiritual baths, but it also has other properties…I'd have to get the book out to tell you.

CH: OK…so, you use it for baths?

S2: Yes, to stop negative things or negative influences.

CH: And regularly how many leaves would you use for a bath?

S2: For that it is always a lot.

CH: There is no exact measurement?

S2: No. It's what you think, because it's not something you are going to drink but bathe in.

CH: Can you mix it with other plants?

S2: of course.

CH: And the 'paradise' (paraiso)?

S2: It's also the same.

CH: Lots of leaves?

S2: Enough, you have to use your judgment.

CH: And the 'always alive' (siempre viva)?

S2: That one you apply INAUDIBLE 'Peter's love' (amor de Pedro) and ???????. That is used for inflammations. Also for baths and all that, but they use it to hang behind the door, to counter attack negative things, for when there are abscess' and you want them to burst, you use it with cream, you heat the leaf, you soften it in the fire and you ???.

CH: ???

S2: Like the pomade of the 'arnica/wolf's-bane'(arnica).

CH: So you boil it?

S2: You heat it, you soften it

CH: And you put…

S2: The cream and the leaf and you put it there.

CH: When you suffer from….well for the baths how many leaves do you use?

S2: 4 or 5.

CH: Why do you hang them behind the door and how much?

S2: People will do that to counter attack the badness.

CH: So just a few leaves or a small branch?

S2: Yes.

CH: And you drink it in a tea?

S2: No.

CH: How do you use then as an anti-inflammatory agent?

S2: You put it on you.

CH: And the bougainvilleas?

S2: That's in a tea, for the bronchioles.

CH: How many leaves?

S2: 2 or 3 flowers.

CH: For one cup of water?

S2: Yes.

CH: I've heard that sometimes, they make a treatment with the bougainvilleas using milk, can you do that?

S2: I wouldn't be able to tell you, it could be that in some parts they do that.

CH: But the way you use it is flowers in water?

S2: Yes.

CH: And for adults, old people or kids?

S2: Yes, anyone can use it.

CH: How many times a day?

S2: 2 or 3 times a day, it's the most recommended for an herb.

CH: And (ementuos Sp.??).

S2: That's to help with digestion.

CH: and for dogs too, huh?

S2: Yes.

CH: The lemongrass is those little long leaves right?

S2: Yes.

CH: how many of those do you use?

S2: Depends on you, how strong you want your tea, because we drink that as a tea and it's used as a diuretic.

CH: The diuretic is in the form of a tea as well?

S2: yes, like a tea.

CH: So if it's not heavy and it's a regular measurement, would it be one or two leaves of the long ones?

S2: No, you can take two leaves in one cup of tea.

CH: And 2 or 3 times a day like the other teas?

S2: Yes. You could even drink it as a cold tea and it's good.

CH: Can you add some things to it?

S2: Sure, sugar or honey

CH: And if you do add that, do you in some way take away some of the curing properties of the tea?

S2: It's most recommendable to use honey.

CH: If you are going to sweeten it?

S2: Yes.

CH: And when you prepare it for dogs…

S2: you just give it to them to eat.

CH: just the leaves?

S2: Yes.

CH: and the 'donkey ears' (Oreja de burro)

S2: That one ??? 'mother-in-laws tongue' (lengua de suegra)…that one is used for ailments like hepatical ailments [in a tea] …it also has powers like for spiritual things, so it has a lot of…

CH: For the spiritual it's used in baths?

S2: Yes, or the leaf, you clean yourself with it or you put it behind the door, it's usually put in the entrances for people that talk a lot…

CH: So that…

S2: …they stop talking so much.

CH: Behind the door for what?

S2: For that.

CH: Oh, and how do you prepare the 'mother-in-laws tongue' (lengua de suegra) for the hepatical problems?

S2: In a tea.

CH: About how much of the plant?

S2: That is a cooking of different herbs…

CH: So you combine it with other things?

S2: Yes.

CH: What other plants can you put together with this one?

S2: You can use 'wormwood' (ajenjo), 'aloe vera' (savila),

CH: And all that…oh, the 'mother-in-laws tongue' (lengua de suegra) about how many leaves?

S2: Just a piece not a lot.

CH: For a cup of tea, with the same measurements as the other ones?

S2: Yes.

CH: How many times a day?

S2: In the morning before anything else, before eating.

CH: And this is for people with severe problems or to help?

S2: Yes to alleviate and help.

CH: How long would you say this treatment lasts so that the person can…

S2: usually when it is something like that it's recommended around 9 days.

CH: OK…and the 'black night-shade' (yerba mora)?

S2: that one you use to eat it.

CH: Does it have any spiritual usages?

S2: Yes, you can use it like that, you can use it to help and to destroy.

CH: Could you elaborate more on that, on how it is used to help or destroy?

S2: You can use it like in baths and in…well for spiritual things to do different works.

CH: Do you use it a lot?

S2: No, that's an herb that's not in my….

CH: …vocabulary. And how did you obtain, 'black night-shade' (yerba mora)?

S2: It grows everywhere, it's a wild plant.

CH: I didn't ask you about the other ones, like where you bought them, but is there any of the plants of which he have talked that you brought from your town in Mexico, or have you got them here?

S2: Many of them are natural here.

CH: We are on 'guava tree' (guayabo) again, well that and 'little guava tree' (guayabio) are they used for the same thing?

S2: Yes…I saw it in here somewhere, I wanted you to hear it…

LONG PAUSE

S2: …. "…calms diarrhea, eliminates some intestinal parasites and is a good coagulator on cuts." That's what you use 'little guava tree' (guayabio) and the 'guava tree' (guayabo), you do the baths for when there is itchiness or something like that. "Use: 30 grams of leaves boiled or the bark for a liter of water to drink 2 or 3 cups a day, like a ??? against diarrhea and the fruits eaten have a property that is anti-???, ????, and the leaves ground up and applied locally are ??? and they cure cuts and wounds."

CH: So if someone has a cut or wound they ???? (note: both begin to speak at the same time, cant understand either of them)

S2: Yes.

CH: Next we have the 'Hibiscus' (hibisco).

S2: I use more than anything for decoration but Santeros use it for other things.

CH: Does it have spiritual usages?

S2: Yes, the Santero uses it for that.

CH: And you don't?

S2: No.

CH: And the 'fern' (helecho)?

S2: It's also used for spiritual baths

CH: And do you use it?

S2: No.

CH: What is the name of fern in Spanish? Do you know?

S2: Helecho.

CH: I did not know.

S2: I like 'Jimson weed' (toloache). "That one in the Aztec language it was (Chamuco), the herb of the devil, (pacanazul) and for the ancient Mexicans (Tolatzatzin sp.??) it's a plant of agreeable taste for that reason it has also been called (yerba edionda), it's leaves…it's flowers of colors ??? it's fruits protected and encapsulated by thorny ends. Properties: they have the same properties, the same toxic properties of the (bella donna) it's ??? and from time immemorial witches and people who curse have employed the flower with ??? but altered with ??? brain and to cause craziness in their victims, it's medicine it has ??? to cure delirium of drunk people and the fever ??? of nervousness and muscle aches and ??? pain caused by birthing. (note: reading fast and really fast) ??? 250 centimeters cubed of the alcohol or 96 degrees, you leave lay for 5 days, you can use it against asthma and serious cough, you take equal parts, leaves of 'Jimson weed' (toloache), you mush them up and you put them in a solution of water with potassium for 24 hours, ???? temperature of 100 degrees centigrade you chisel it and you make cigarettes, about 4 grams into dry leaves." So, this is used, the cigarette for when you have asthma, you smoke the leaf.

CH: When you have asthma?

S2: Yes. "Contradictions: it's a remedy that is very dangerous that is taken in the form of the powder leaves a maximum of 5 to 25 grams of the powder of the seeds, 25 milligrams, of the paint made from the seeds 20-25 drops."

CH: And the 'olive-tree' (olivo)

S2:…here it is I found it, "…it's a tree from the family of the ??? of stout trunk and thick that is found ??? 4 to 5 meters tall, although its place of origin ??? it reaches 8 to 15 meters, ??? of green color and flowers ??? it's fruit is the 'olives' (aceitunas) of green color, clear or red ??? it contains lots of oil. Used against ulcers in the mouth it is recommended to apply it over them the juice or the leaves of it, ??? mashed up and with some sugar." I read there because I did not know how to say it, for what it is for.

CH: Because you don't use it to ???

S2: No.

CH: But do you use for spiritual things?

S2: You can also use it for that.

CH: DO you use it for that?

S2: Very rarely.

CH: For like baths?

S2: Yes, and you use it also for spiritual matters for when someone is going to get crowned or they are going to do something.

PHONE RINGS

S2: HELLO

CH: OK, 'orange lime' (lima). Do you use it a lot?

S2: I don't know the fruits very well…(laughter), we use the fruit and we use the leaf to make tea and it's also very good for digestion.

CH: The fruit or the leaf?

S2: The leaf, it's very good in a tea.

CH: For what kind of teas? Or for what? Anything in particular or just cause you like it?

S2: Yes, because it's very good, over there in Mexico, when there wasn't anything to drink, like coffee they would make teas of the trees, 'lime' (limon), 'orange' (naranja), and so they do that in the morning instead of coffee.

CH: Is there a measurement that is standard?

S2: Well, here I'll tell you for what it is, "…usage against liver eruptions, inflammation it is recommended that you apply over affected area, a mix of two spoonfuls of lime (lima) juice and two spoonfuls of 'almond oil' (aceite de almendra) or of coconut (coco). In case of 'scalp ringworm' (tinya) or 'dandruff' (caspa) you spread it over affected areas, lime (lima) juice and 'green tobacco' (tabaco verde). To combat intestinal gasses and chalices you drink a tea made of the bark of the lime (lima) ??? against colics that ??? over the womb, ??? in the following fashion drank; ½ a lime (lima) you extract the pulp and you put the rind in 'cow fat' (manteca de res), you warm it up until it melts completely and you apply and then you cover the affected area with the raw tobacco." You see.
CH: And that's how you use it?

S2: Yes.

CH: And you use it in that way?
S2: No, we just give you the tea and fruit, it's very delicious.

CH: And so only to drink it because you like it?

S2: Yes.

CH: You had also told me that you can use the root.

S2: Yes they also use the root to lose weight.

CH: Have you recommended it in that way?

S2: Yes, sometimes when people come here, I tell them, because they sell it in packages.

CH: So, if you buy it in a package…

S2: You can take it in a tea.

CH: the 'mugwort' (artemisa)?

S2: That is for problems in menstruation or colics, or the colics caused by menstruation…in spiritual matters it also has its use.

CH: Like in baths?

S2: Yes.

CH: How do you recommend to use it when preparing the tea? Is there a measurement of leaves?

S2: About 8 grams for a cup.

CH: And when someone suffers from colics due to menstruation, is it used to calm the colics?

S2: yes,

CH: In the long-term or when they already have them.

S2: The latter…here it is, (note: when reading he has trouble pronouncing words and goes over them quickly) "…tonic properties, ???, against apetitite ??? colics, vomits, and ??? of epilepsy ??? cases of pregnancy,??? Prepared are incompatible with ???, use a powder of 2 to 6 grams ??? of liquid, ??? and at 20 grams ??? vaginal of 50 to 100 grams."

CH: and ''(llanton)? Do you use it?

S2: Yes, that one you can use for baths, for problems of menstruation, also for spiritual matter.

CH: When you say problems of menstruation, like not releasing blood right?

S2: Yes.

CH: And you drink it in a tea?

S2: Yes

CH: How many leaves are used?

S2: 2 leaves for one cup of water.

CH: And so do you drink it once a day?

S2: You can drink it 2 to 3 times a day.

CH: And the tea of ‘’ (altamisa) that is for irregular periods and for menstrual colics, how many times a day do you take it?

S2: The same, 2 to 3 times a day

CH: Do you use ‘yucca’ (yucca)?

S2: No but…I use more like an adornment.

CH: Did you know that there are some that give off the flower…

S2: Yes

CH: And the apple (manzana), do you use that?

S2: I recommend that a lot when the person sweats a lot.

CH: Sweats due to menopause?

S2: From that, from insomnia, or sweats at night.

CH: so do they eat the apple?

S2: They boil the apple peelings

CH: How much?

S2: About a spoonful.

CH: Every night?

S2: Yes, before sleeping.

CH: And this helps alleviate the problem at the instance with results that they, in the long-term, no longer have the problem or not?

S2: No, but it does help control the sweats or help stop them.

CH: And 'mint' (manta)?

S2: That is another one for digestion, for kids when they have colics or diarrhea, or vomits.

CH: More for kids?

S2: Adults too.

CH: How many leaves?

S2: For a regular one, a spoonful, for a cup of water…it's always the right measurement for when there is no measurement, always a spoonful for a cup.

CH: And that you drink every time you have…

S2: Colics. Or you can drink it after every meal, like a digestive.

CH: And the Mexican sage (Mexican Salvia)…

S2: they use that for decoration mostly, but there is another type of sage (salvia) that is also used in Mexico that is for the liver and for hepatic ???.

CH: It's used for pulmonary problems?

S2: Yes, it can work for that.

CH: Coffee? Do you use it?

S2: For decoration, but it also has curing powers.

CH: For example you told me you could take it for animal bites (mordidas de animals) and to reduce inflammation, and so one would just need to make some coffee?

S2: Coffee has a lot of powers, if you drink it raw when you are toxicated, you drink the coffee without boiling…

CH: The little beans?

S2: No, the grounded coffee but in water without boiling, with some lemon juice…that will stop the toxic agent.

CH: Intoxication? Like when someone has been drinking a lot the night before?

S2: you can drink it for that and also for toxication of medicine or food. Or when you are congested, that will help.

CH: Mixed with lemon juice? Or just water?

S2: Lemon juice and some water.

CH: DO you put sugar?

S2: No, you have to drink it like that.

CH: And for animal bites it's the same preparation process?

S2: Yes, you can use it…you apply it.

CH: INAUDIBLE

S2: Yes, grounded up or the coffee made into like a paste…

CH: The coffee granulated?

S2: Yes, when the coffee is ground up you put it in the…you make into a paste, with lard (manteca) or with cow grease (sebo de vaca) and you apply it.

CH: And is it the same effects it is decaffeinated?

S2: No, because it's already processed and coffee should not be processed.

CH: So it's not the same effect?

S2: No

CH: What type of coffee is the best to use?

S2: Unprocessed coffee.

CH: So something organic and natural?

S2: Yes.

MJ: Let's ask what these different plants are and again explain the ????

CH: OK…we are going to finish this list right now and we would like to ask you about the plants you have here and why you have them here and what they are.

S2: Well, 'rue' (ruda) is there because we believe it brings luck and it stops negativity.

CH: So that's why you always have it?

S2: Yes.

CH: you have two different types of it or….

S2: Different they are two

CH: And you also have ‘rosemary’ (romero)?

S2: Yes.

CH: Is it used the same as ‘rue’ (ruda)?

S2: Yes.

CH: For scarring away…

S2: Getting rid of bad.

CH: And this plant down here?

S2: That’s ‘marigold’ (maravilla).

CH: Do you have that in your garden?

S2: Yes.

CH: What is it good for?

S2: Use that for limpias and spiritual matters.

CH: When you say limpias do you mean taking bath (banyos) or ….

S2: No, limpias and baths (banyos) are different.

CH: And does ??? like lemons (limones) and coconuts (cocos)?

S2: No, they just put those there…in Santeria the coconut represents the Santo Ninyo de Atocha.

CH: And do you like him a lot? You have three of them.

S2: Those are ??? and the others are not mine.

CH: And you have a ‘donkey’s ear’ (Oreja de burro) and sage (savila).

S2: Yes.

CH: Is that the male or female?

S2: That's decoration but there are different types.

CH: And this tree does it have a name?

S2: No, just some plant I bought.

CH: I like it…down here you have some peelings…like…

S2: No, just some food I put out for the plant.

CH: What are they?

S2: Peelings from lemon (limon) and ???

CH: And that helps a lot?

S2: Yes.

MJ: What's over here in the corner?

CH: Sage (savila)…oh and this one over here…

S2: That's 'violet' (violeta)

CH: It's just for decoration (speaking to J)…

END TAPE